

# DASA and WSCPG Partner to Help People Affected by Problem Gambling

By Stephen Bogan, DASA Gambling Contract Manager

In October Washington State will implement a pilot program to provide treatment for addicted gamblers and their families.

In the 2001 session, the Legislature created a new multi-state lottery game and set aside \$500,000 of the proceeds for a pilot project to provide treatment for addicted gamblers and their families. The Legislature realized that as gambling is expanded, there is a responsibility to take steps to help those who are addicted. The Division of Alcohol and Substance Abuse (DASA) has contracted with the Washington State Council on Problem Gambling (WSCPG) to develop and implement treatment services for individuals and their families who need treatment but are unable to afford it. WSCPG is a non-profit organization dedicated to increasing public awareness of the condition of problem gambling and increasing the availability of services for problem gamblers and their families. Working together, DASA and the WSCPG are developing a pilot program to provide professional treatment for addicted gamblers and their families.

The scope of the problem is widespread and the costs to society are extensive. According to the 1999 study *Gambling and Problem Gambling in Washington State*, between 53,200 and 137,900 Washington State residents were identified as suffering from problem or pathological gambling. The study also found that between 144,600 and 270,900 Washington State residents have suffered from problem or pathological gambling at some time in their lives. According to the American Psychiatric Association, the essential features of pathological gambling are a continuous or periodic loss of control over gambling, a progression in gambling frequency and



amounts wagered, and a continuum of gambling involvement despite adverse consequences. The more inclusive definition of problem gambling is any pattern of gambling behavior which compromises, disrupts or damages family, personal or vocational pursuits. If these symptoms sound familiar, it is because the progression of addiction for gambling behavior is very similar to that of other addictions. These persons are addicted to the action of gambling; with money being the means of accessing the high. Research indicates that for the problem gambler, the action of gambling stimulates the same center of their brain that is stimulated when the cocaine abuser ingests cocaine. The addicted gambler loses all control over gam-

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### Prevention and Treatment Resources

DASA website: [www1.dshs.wa.gov/dasa](http://www1.dshs.wa.gov/dasa)

Chemical Dependency Professionals:  
<http://www.cdpcertification.org/default.asp>

Alcohol/Drug 24-Hour Helpline:  
1-800-562-1240  
[www.adhl.org](http://www.adhl.org)

Alcohol/Drug Prevention Clearinghouse:  
1-800-662-9111  
<http://clearinghouse.adhl.org>

Media Literacy:  
[www.teenhealthandthemedianet](http://www.teenhealthandthemedianet)

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*From the  
Director*

## Replacing Beds Lost by Cedar Hills Closure

By Ken Stark

In response to increasing budget and operating cuts statewide, the King County Council has decided to close Cedar Hills Addiction Treatment Facility (CHAT) no later than December 31, 2002.

The closure of Cedar Hills will be the end of a long-standing, well-recognized provider of quality chemical dependency treatment services.

The decision by King County to close their doors has resulted in the shifting of resources by the Division of Alcohol and Substance Abuse (DASA) to other certified chemical dependency providers. DASA will be able to reallocate approximately 100 of the 158 CHAT beds to providers in King County. The first phase of the reallocation of CHAT has been implemented. The second phase is scheduled to take place by October 31, 2002.

The Cedar Hills administrators have taken the necessary steps to ensure that the facility closure and patient transfers go smoothly. The closure plan provided by CHAT called for no more admissions after September 15, 2002, and the end of patient care effective October 31, 2002. Key administrative staff will continue to work beyond October to close and secure all files, complete billings, and take care of equipment, facility and all other closure related issues. Cedar Hills, a long-standing provider of quality chemical dependency services, will be deeply missed by the treatment community.

## Visions and PDFW in *Governing for Results*

SeaMar Visions adolescent treatment program in Bellingham, and Partnership for a Drug Free Washington (PDFW), a statewide media campaign coordinated by DASA, have been recognized by Governor Locke in *Governing for Results*, a quarterly report documenting quality and efficiency in state government.

SeaMar, a DSHS funded youth residential treatment center, was recognized for developing a recovery house program for adolescent girls with both severe chemical dependency and mental health issues. The six-bed program focuses on building skills that will increase

success at recovery. By creating and integrating mental health care with addiction treatment, this facility helps the community avoid the costs related to unnecessary psychiatric hospitalizations and juvenile justice recidivism.

PDFW was recognized for placing over 25,000 television ads and 700 radio ads during 2001 with drug prevention messages for parents and teens. PDFW is a partnership of government, non-profit, media and business sponsors, including Campbell's Soup, Voicestream Wireless and the Seattle Mariners.

The Division of Alcohol and Substance Abuse (DASA) subcontracts service delivery to over 350 public and private providers. In a diverse organization like this, the information system supplies the "glue" that keeps it together. The Treatment and Assessment Reports Generation Tool (TARGET 2000) has successfully provided that "glue" for eight years. The latest version of this system was implemented in October of 2001. The DASA operated system has become a national model system in the field of substance abuse. Information from this system has met high standards of accuracy, integrity, and timeliness. Program and agency administrators as well as academic researchers to assist in their planning and studies use it. The information from TARGET 2000 has become a critical element in the broad range of research managed and supported by DASA. This system is also integrated into the DASA Substance Abuse Management Information System (SAMIS), which is an enterprise-wide relational database covering contracts management and provider certification.

The current TARGET 2000 is an Internet-based application using high level Washington State approved digital certificates to identify users. Providers are required to establish Internet connectivity from their reporting sites using Internet Explorer. Other browser options do not support the Java-script functions incorporated into the application. The system uses the secure socket



## Target 2000 is One Year Old!

layer encryption for data transmission over the Internet. The current version of the TARGET 2000 system includes an expanded dataset that contains over 450 separate data items on each individual receiving publicly funded chemical dependency treatment in Washington. New items include the elements necessary to calculate the Addiction Severity Index (ASI) composite scores. This addition is expected to make the data more comparable and useful for outcome studies and impact analysis regarding the care given through the service system.

The one-year anniversary of the implementation of the new TARGET 2000 system occurs on October 30, 2002. The transition to the new Internet-based system has proven challenging over the past year. It is only within the past several months that the new application has settled down to a level of stability where the new features can be assessed. Modifications to the software and hardware provide a much more flexible system which is capable of evolving to address changing needs in the chemical dependency field.

The latest version of TARGET, TARGET 2000, was funded in part by a Treatment Outcomes and Performance Pilot Studies Enhancement (TOPPS II) grant to DASA from the Center for Substance Abuse Treatment, 1 UR1 TI11481-03.

## Helpline Manager Overcomes Odds to Win Scholarship

By Ann Forbes and Juanessa Scott

Juanessa Scott, Office Manager at the Alcohol/Drug Helpline, has been awarded the Jackie Robinson scholarship at The Evergreen State College. The scholarship is named in honor of Jackie Robinson whose life exemplified the ideals of social justice and community involvement. He is probably best known for being the first African American to break through the color barrier in major league baseball. The award was presented at Safeco Field in August.

The scholarship pays for one full year of tuition for a student transferring from Seattle Central College to The Evergreen State College. Ms. Scott was recognized for her academic achievement as well as her commitment to providing support and services to women released from prison. She has been inspired by a national organization, 'Women of Purpose.'

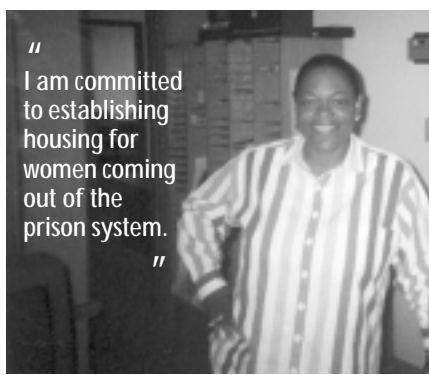
Ms. Scott first came to the ADHL as a student volunteer for Seattle Central Community College in April of 2000. After completing her training she became a regular phone volunteer and later became a regular staff member. In addition to her duties as Office Manager, she is the Coordinator for the ADATSA Bed Utilization Program, tracking vacancies in publicly funded residential treatment programs.

She graduated from SCCC in 2001 with an Associate's degree in Social and Human Services and a Certificate in Chemical Dependency Studies. She is a Registered Counselor with the Washington Department of Health and is accruing supervised hours to qualify as a Chemical Dependency Professional. In June she completed a special program at the University of Washington and earned a certificate in Non-Profit Management. She is currently enrolled at The Evergreen State College (Tacoma campus) where she is pursuing a Bachelor's degree in Liberal Arts. Her next academic goal is to complete a Master's degree in Rehabilitation Counseling.

Juanessa's successes are even more remarkable in light of where she came from. "Because of my background of addiction and criminal behavior I was incarcerated for two years" Juanessa said. "I am now seven years clean and sober, and my new life in recovery has allowed me to achieve many things. I am committed to establishing housing for women coming out of the prison system."

Juanessa is the mother of four children and has two grandchildren. She is an avid fisherperson and goes fishing whenever she can work it into her busy schedule. The Alcohol/Drug Helpline is proud to have been a part of this dedicated woman's life.

Ann Forbes is the director of the Washington State Alcohol/Drug Helpline. She may be reached at (206) 722-3703 or [annf@adhl](mailto:annf@adhl).



"  
I am committed to establishing housing for women coming out of the prison system."  
"

## Exemplary People and Programs Honored at Prevention Summit

By Steve Smothers, DASA Prevention Services Lead

The Division of Alcohol and Substance Abuse collaborated with the Department of Health, Liquor Control Board, Office of Superintendent of Public Instruction, College Coalition for Substance Abuse Prevention, and the State Coalition to Reduce Underage Drinking to host the 2002 Washington State Prevention Summit in Yakima on October 24-26. The theme of this year's summit was, "United We Stand-Drug-Free We Soar".

The Summit attracted over 1000 speakers and participants, including 350 youth attending workshops designed to help them work on prevention programs in their home schools and communities. Participants included law enforcement, prevention profes-

sionals and volunteers, parents, teachers, treatment providers, and policy makers.

The Summit was supported by: the Governor's Council on Substance Abuse, Lieutenant Governor's Office, Office of Community Development, DASA Citizen's Advisory Council on Alcoholism and Drug Addiction, Washington Association of Substance Abuse and Violence Prevention, and the Western Center for the Application of Prevention Technologies.

Steve Smothers is the Prevention Services Lead for the Division of Alcohol and Substance Abuse. He may be reached by calling (360) 438-8066. 📍

### Summit highlights included:

- Presentations by Mary Ann Solberg, Deputy Director of the Office of National Drug Control Policy; Emmy Award winner, Greg Alan Williams; and, national prevention researchers David Hawkins and Clay Roberts.
- The Governor's Council on Substance Abuse (GCOSA) kicked off the summit by facilitating a town-hall-style meeting entitled "Building a Picture of Substance Abuse in Washington State". The event featured an audience interactive exercise to provide priorities for substance abuse prevention in Washington State.
- Exemplary Prevention Awards presented by Lieutenant Governor Brad Owen, honored programs, media partners and dedicated individuals around the state. This year's winners were:
  - Exemplary Programs: Strong Families "Familias Fuertes" Parenting Program, Yakima; and WSU Cooperative Extension's Nurturing Program, Spokane,
  - Peer Recognition: Andie Mackie, Quilcene; Linda Mundinger, Seattle; Sue Sullivan, Marysville; Clallam County Board of Commissioners, Port Angeles; Clark County Mentoring Roundtable, Vancouver; and Skagit Prevention Council, Mount Vernon,
  - Media Awards: Sydney Hunsdale, Seattle; KCPO-TV, Seattle, KTWB, Seattle.

## Patty's Story

By Patty Katz

My dream was to just quit doing drugs and get my life back. If I could only get my head out of my spoon long enough to do anything. I could not. As my addiction became bigger, my dreams became smaller and smaller.

My drug of choice, after trying them all, became heroin. I fell in love - heroin became my life. I sold my soul to become totally faithful to my true love. I traded everything of importance and/or value to be with my darling. My values were the first to slip away.

Then as those began to leave, one by one, other things began to abandon me. The importance of material things turned into how much money I could get for them. My self-respect really took a giant leap downward as I started pushing the people in my life away. As I sent my daughter over there somewhere, and my husband of 20 years left me because of my infidelity with heroin, it spiraled downward fast; my heart slammed shut. After that, each pain and heartache became just another brick in the wall.

My life turned into heroin, treatment centers, and jail. A judge would order jail or treatment. I



knew I could get good time and work time in jail; so my choice became jail. I could return to my affair with heroin sooner. I would be in my cell (without a cell phone), but heroin knew my number. It would call me. It would slip into my dreams and whisper very seductively to me.

My last time out, I no longer had anywhere to fix. I began to get giant holes in my fixing places. They told me I might lose my arms. I filled with fear. My God, if they cut off my arms, HOW WILL I FIX? I tried to learn how to fix with my feet.

It did not occur to me, if I stopped using, they would not have to cut off my arms! I could not stop using. My dope had more strychnine than most and I had full knowledge of that fact, but I could not stop. I was so weak and sick, no amount of dope could fix me - I was dying!

I began to want to live. I began to see the light of love, hope, and dreams. One night I cried out from my foxhole of addiction, "please help me - I can't stop, I am dying!" Two days later, my prayer was answered. I went to jail.

Fortunately, I was so sick from the poisoning, I was too weak to kick. My body was so close to death, it just laid there and slept and mended for five weeks and I kept hearing a voice - "Rarely have we seen a person fail who has thoroughly

followed our path." I knew that sentence came out of chapter 5 of my 12-Step book. After that, I gained enough strength to walk part of the way around the dorm.

As my physical strength returned, so did my mental strength. The light at the end of that long dark tunnel began to have the look of light, love, hope, and dreams, instead of the train of death.

It took me 10 months to detox to the point of feeling well enough to get a job. Thank God, my family helped a little. How did I make it this time? Well, I fought for recovery. I found out treatment was only discovery - there needed to be more. I went to two meetings per day and did volunteer work four hours per day. I found a mentor, and sponsor, and clean, safe, affordable housing.

Today I live a wonderful life in recovery. Through being employed I have gained more experience, confidence, and responsibility. I am currently the Community Coordinator for Asian/Pacific American Consortium on Substance Abuse. I am the person with "life experience" and I bring that as one of my assets. My experience, strength, and hope can and will benefit others and prove that RECOVERY IS POSSIBLE!

Patty welcomes people to email her at thekatzmeow\_2000@yahoo.com or write to her at 1701 Broadway, Suite AA, Vancouver, WA 98663. 📍

The state Division of Alcohol and Substance (DASA) has received block grant awards of \$360,000 each year since 1998 from the federal Office of Juvenile Justice and Delinquency Prevention (OJJDP) to enhance statewide efforts to reduce underage drinking (RUAD). Public education, law enforcement training, increased enforcement of the underage drinking laws, and coalition building have been the focus of these projects. Currently these dollars support coalitions in the following counties: Thurston, Yakima, Grays Harbor, Spokane, Jefferson, and Benton-Franklin.

DASA has also been awarded two OJJDP discretionary grants totaling nearly \$800,000. These funds are supporting the efforts of five communities as they implement comprehensive approaches to the problem of underage drinking, with an emphasis on measurable outcomes. The communities chosen for participation are: Mason County, City of Kent, Bremerton-Kitsap County, Washington State University, and Western Washington University. For more information about RUAD grants, contact Pam Darby, DASA, at (360) 407-0777.

## Kent Police Youth Board Works to Reduce Underage Drinking

By Sara Grant, Kent Police Department RUAD Coordinator

In 1997, the Kent Police Youth Board was formed to plan and implement the "Game of Life" youth conference. The conference was designed to involve teams of junior, senior high and alternative students, educators, and parents in a yearlong skill building series that promotes drug and alcohol-free choices, healthy beliefs, and positive decisions. For the past two years, the youth board has expanded to work year-round in reducing under age drinking within the Kent community. A 25-member youth board sets policy, develops goals, determines workshop content and outcomes, identifies and implements education projects, reviews measurement tools, and evaluates effectiveness.

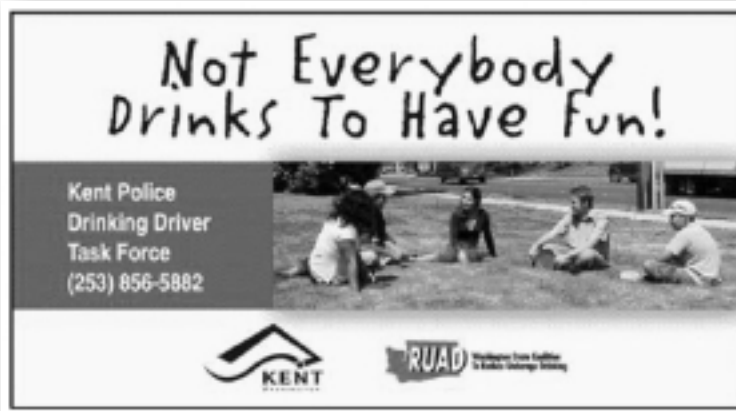
The youth board has been working through education and enforcement to reduce the availability of alcohol to young people in Kent. In 2001, the youth board received a four-hour training on under age drinking issues, from parental liability to what happens when an officer cites a minor for MIP. A community forum was held to petition local businesses to halt the sale of alcohol to minors. Several local businesses, parents, and city employees were present.

In addition to the forum, the Liquor Control Board and the Kent Police Department have implemented liquor compliance checks ("stings") on businesses

in the Kent area. A compliance check is conducted one or two times a quarter to evaluate alcohol availability to young people. Following each compliance check, letters are sent from the Kent Police Chief Ed Crawford to businesses that have received citations three times. The letter asks these business owners to join the community in reducing under age

drinking, presentations on parental liability regarding underage drinking and driving while intoxicated, and concluded with a music and dance production with themes on diversity, domestic violence, and drug and alcohol addiction.

The most recent creation by the youth board is a theater advertising campaign in the Kent area and surrounding South King County. The youth board created an underage drinking prevention message using a social norms message: "Not everybody drinks to have fun". The ad will be shown in three movie theaters, on 36 theater screens, from September 2002 through January 2003. The total number of audience impressions per week is estimated at 54,000. Theater advertising has proven to be a low cost method to reach large numbers of our community members. Kent Police Youth Board members are excited to be on the "big screen".



drinking and not sell to minors. Businesses that have no sales during three consecutive compliance checks, receive a "thank you" letter from Chief Crawford. These letters have been quite effective, as businesses that received them have not sold during subsequent compliance checks.

This spring the youth board implemented a Family Night for 180 youth, family members, and mentors. Adults and youth learned methods to better communicate with each other. The event included community resource displays with information on drug and alcohol use, a bar-

The Kent Police Youth Board, with funding from the DSHS Division of Alcohol and Substance Abuse and the Liquor Control Board, has played an integral role in reducing alcohol availability to minors within the Kent community. These youth have taken on roles of teaching community members rather than being taught by the community. It is clear that over the years, Kent Police Youth Board members have moved from the community audience to community advocates.

For more information about the Kent Police Department Youth Board, contact Sara Grant at (253) 856-5851.

## Drug Court Treatment Changing Lives

By Preston Kayes, Clallam County Drug Court Administrator

Being in any jail is bad. Being in a jail where your father is a guard is really bad. That's the situation Jason faced upon entering the Clallam County Drug Court. He was 21 years old, addicted to methamphetamine and alcohol, estranged from his family, homeless, unemployed and unemployable, and with an attitude. He faced new felony charges of residential burglary and a long list of Department of Corrections probation violations. Already married and divorced, his three-year-old daughter was in his mother's custody and he didn't know the whereabouts of his ex-wife. Jason had been in drug treatment previously, but just went through the motions and was not interested in becoming drug free. To say his future looked bleak is an understatement.

Jason did not do well upon entering drug court. His attitude arrived five minutes before he did, and he set a record for accumulating the most sanctions. He last sanction put him back in jail again, and required him to write an essay entitled "What is it about me that seems to make everyone mad?" Somehow, somehow, something happened. Jason reached the conclusion that his way was not working, that if he "kept doing what I'm

doing I'll keep getting what I'm getting", and he made the decision to learn new ways. He changed his attitude and behavioral changes

started to happen. He stopped getting into trouble. He started smiling, and people began to smile when they saw him coming. He went to work, first part time then full time, and then was promoted. He moved into a nice place and began making sober friends. Most importantly, he mended fences with his family and once again became a family member, and he began being a father to his daughter.

Jason's graduation was special with the courtroom packed with family and friends. Jason's father and mother beamed with pride. Jason had made a deal with

drug court judge Ken Williams: when he graduated he could play a song he had written for drug court. On that special day, Jason plugged in his electric guitar and the Clallam County Drug Court rocked!



## Northwest Deaf Addiction Center Update

By Lynn Samuels

Seventeen months have come and gone since Pacific Crest Consortium (PCC) opened the NW Deaf Addiction Center (NWDAC) in Vancouver. NWDAC is a specialized IOP/day treatment program with a group living component for the Deaf and Hard of Hearing. The primary language utilized is American Sign Language (ASL) although other forms of communication are used when appropriate. The group living facilities are limited to eight (8) people. The majority of the staff working with Jackie Hyman, the Program Director, are Deaf.

Forty-seven people have been admitted to NWDAC and 24 have completed primary treatment to date. In addition to IOP treatment services, we also offer gender specific anger management classes and parenting classes to our clients. Since it's opening, NWDAC has established a strong relationship with the 12-Step community, you can now find a Deaf or interpreted meeting every day of the week in the Vancouver/Portland area with the cost of interpreters being shared by the meetings themselves and the program. There are also over 100 clean and sober individuals throughout the country who

act as on-line clean and sober support for our patients. Two computers are set up specifically for the patients to use these contacts so that they can remain connected wherever they settle upon leaving Vancouver.

The typical NWDAC client has several prior treatment failures in a hearing program. The lack of success most of these individuals experience is due primarily to the isolation they experience through lack of communication. When they come to NWDAC the entire treatment and clean and sober support experience is available to them for the first time. There is a strong and growing Deaf recovering community. We even now have clean and sober Deaf softball and basketball teams that compete in the city leagues.

Dawn, age 46, is a graduate of the program whose drug of choice was cocaine. She has previous treatment failures in hearing programs. Dawn now has over a year clean and has regained custody of her three-year-old son.

After leaving NWDAC, she lived for six months in an Oxford House for women and children but is now living on her own and returns to NWDAC as a volunteer. Individuals like Dawn are becoming the backbone of a strong and growing Deaf recovering community.



## New Report Shows Most Clients Are Satisfied With Treatment

By Felix Rodriguez, Ph.D., DASA Research and Evaluation

Ninety-six percent of adults and 91 percent of youth clients in community drug and alcohol treatment programs were satisfied with the service they received, according to Clients Speak Out 2002, a report recently released by the Division of Alcohol and Substance Abuse (DASA). The report is based on the second annual statewide client satisfaction survey that DASA commissioned during the week of March 25, 2002. The survey aimed to assess clients' perception of the quality of alcohol/drug treatment services they receive. Information given by clients will be used to improve treatment programs in Washington State.

Close to 60 percent of certified treatment agencies in Washington State participated in the survey. DASA received a total of 12,000 completed surveys representing 77 percent of the clients receiving treatment in participating agencies during the week of the survey.

The report also reveals that there was no appreciable difference between publicly funded and privately paying clients in community treatment programs with respect to satisfaction

with service received. Furthermore, the two classes of clients did not differ in the proportion of those reporting that staff treated them with respect.

With regard to Washington State Department of Corrections (DOC) alcohol and drug treatment programs, the report shows that 82 percent of DOC clients were satisfied with the service they received, 61 percent reported that staff treated them with respect all of the time, and 54 percent would come back to the same program if they were to seek help again.

The report reveals that participation in the annual statewide survey offers potential benefits to providers. One of the providers who participated in the 2001 survey described how their agency used client satisfaction data to obtain county funding for facility improvement. Another provider reported that they used the data as a marketing tool for their agency.

Copies of the report, Clients Speak Out 2002, may be obtained from the Washington State Alcohol/Drug Clearinghouse by calling 1-800-662-9111 or (206) 725-9696 (within Seattle or outside Washington State),

by e-mailing [clearinghouse@adhl.org](mailto:clearinghouse@adhl.org), or writing to 3700 Rainier Avenue South, Suite A, Seattle, Washington 98144. For more information about the survey, please contact: Felix Rodriguez, Ph.D., at (360) 438-8629, or at [rodrifi@dsht.wa.gov](mailto:rodrifi@dsht.wa.gov).

### Other findings contained in the report include the following:

- 81 percent of adults and almost 72 percent of youth clients in community treatment programs said that staff treated them with respect all of the time.
- 89 percent of adults and 76 percent of youth clients in community treatment programs reported that they would come back to the same program if they were to seek help again.
- 87 percent of Hispanic clients completing the Spanish translation of the survey reported that they were very satisfied with the service they received compared to 56 percent of Hispanic and 54 percent of non-Hispanic clients who completed the English version of the survey.

### Problem Gambling continued from page 1

bling and will sacrifice anything for gambling. Everything becomes secondary to the need to get the "gambler's high."

The need for treatment for addicted gamblers and their families is critical. According to Gary Hanson, Director of WSCPG, "persons addicted to gambling are often dually addicted to drugs or alcohol, and they suffer from a suicide rate second only to that for clinical depression." While the addicted gambler suffers greatly, families suffer even more. The financial resources of families are destroyed, homes are lost, and spouses and children are abused and neglected. Stable, productive individuals end up unemployed and indebted while their families become destitute, creating burdens on government services. In the extreme stages, problem gamblers often commit illegal acts to finance their gambling.

Washington State now joins many

other states - including Oregon, Louisiana, and Nebraska, in providing treatment for what is often called the "hidden addiction." In addition to the existing WSCPG toll-free helpline, a group of professionally trained and certified problem gambling counselors will be available throughout the state to provide comprehensive assessment, individual, group, and family counseling. The services will be provided using a nationally recognized best practice treatment model. Individual providers will be supervised and supported through the WSCPG. It is our hope

“persons addicted to gambling are often dually addicted to drugs or alcohol, and they suffer from a suicide rate second only to that for clinical depression.”

that up to 200 individuals and families will be provided services between October 2002 and June 2003. For many of these individuals and families, this will be the first step on the road to recovery from gambling addiction problems. To refer a client to treatment, and for more information, please call the Problem Gambling Helpline at 1-800-547-6133; or email at [wscpg@attbi.com](mailto:wscpg@attbi.com).

## Proposed Changes to Treatment Agency Certification Requirements

By Dennis W. Malmer, DASA Certification Policy Manager

In August the Division of Alcohol and Substance Abuse (DASA) convened the first meeting of the Washington Administrative Code (WAC) 388-805 Revision Committee for 2002. This small group of chemical dependency service providers and other stakeholders will develop draft language for revisions to WAC 388-805, Certification Requirements for Chemical Dependency Service Providers for distribution to the chemical dependency field for their review and comment later this year.

In compliance with the 1997 Governor's Executive Order for regulatory improvement and reform, DASA reviews all their rules at least once every four years and policies every two years for need, effectiveness, efficiency, clarity, and compliance with statutory intent, coordination with other agencies, cost benefit, and fairness.

DASA filed a Preproposal Statement of Inquiry, CR-101, on April 30, 2002, with the Washington State Code Reviser's Office. The CR-101 filing is the first step of the rule making process for

**The WAC Revision Committee will develop a draft of revised WAC 388-805, which include:**

- New requirements for opiate substitution treatment programs;
- Reporting critical incidents to DASA in a timely manner; and
- Correcting typographical errors.

**The WAC Revision Committee will also review and discuss some interesting proposals received from the treatment field. These proposals include:**

- Amending the WAC to include state-wide chemical dependency assessment protocols for court-referred clients;
- Revising outcomes evaluation;
- Implementing rules for faith based programs; and
- Revising use of patient placement criteria.

state agencies. The CR-101 includes a brief description of the topics under consideration for revision; however, the CR-101 process allows us to open any other areas of WAC 388-805 for review also.

We expect the rule-making process to take six to nine months for the committee to accomplish its goals. These goals include creating a draft WAC for distribution to the field (known as filing and distributing a CR-102), conducting public discussion meetings, and coordinating formal public hearings for the proposed WAC.

If you have any questions about the WAC Revision Committee or have any comments you would like considered by the committee, please contact Dennis Malmer toll free at 1-877-301-4557; or (360) 438-8086; fax (360) 407-5318; or by e-mail [maldedw@dshs.wa.gov](mailto:maldedw@dshs.wa.gov). DASA encourages provider and other stakeholder participation in developing all certification rules, policies, and procedures.

### DASA Passionate Youth Professionals Awardees for 2002

Thelma B. Robinson Award:

- Mary Fredericksen - Lakeside-Milam
- Ramona A. Ahto -United Indians of All Tribes
- Barbara Freeman - Sundown
- Susan Schoeld - Ruth Dykeman Children's Center
- Nancy Dyson - Parke Creek JRA Group Home

Richard Rivera Award:

- Gene Brown - Sundown

These awards were presented in September at the Youth Treatment Conference at Camp Cispus. Congratulations to all awardees! For more information about these awards, contact Stephen Bogan at (360) 438-8089.

### Treating People with Developmental Disabilities

The Division of Alcohol and Substance Abuse (DASA) has been working to increase awareness about the number of patients in Washington State who have both a developmental disability (DD) disorder and a chemical dependency or substance abuse disorder. In this process, there is the need for information about effective screening tools and a curriculum for providing treatment services for these individuals.

In October of 2001 DASA and the Division of Developmental Disabilities worked together to bring Dennis Moore, Ed.D. Director, RRTC on Drugs and Disability, Wright State University School of Medicine, to Washington to begin the process of providing cross training for chemical dependency professionals and DD case managers. There have been three trainings so far, with an additional training scheduled for October. For more information contact Ruth Leonard at (360) 438-8079 or [leonamr@dshs.wa.gov](mailto:leonamr@dshs.wa.gov).

**For more information or to register for trainings, contact the DASA's Training Section at 1-877-301-4557**

Want to share FOCUS with others? Let them know it's on DASA's website at [www-app2.wa.gov/dshs/dasa/](http://www-app2.wa.gov/dshs/dasa/) (click on "What's New")



◀ A Russian delegation visited the Washington State Alcohol/Drug Clearinghouse to preview available prevention and treatment resources. They were especially impressed by the materials that were available in Russian. Pictured left to right: Andrey Zhidkov, Ann Forbes (Clearinghouse), Harvey Funai (DASA) and Pavel Khizhnyak.



## Washington Celebrates Recovery Month

By Deb Schnellman, DASA Communications Manager

September was National Alcohol and Drug Addiction Recovery Month. This year's observance highlighted each person's responsibility with the theme "Join the Voices of Recovery: A Call to Action," and encouraged everyone to help incorporate community treatment and recovery services as an integral part of the public health system.

DSHS-DASA participated in Recovery Month by disseminating a press release and Governor's proclamation statewide, and posting information on the DSHS website homepage. Communities around the state worked together to educate their citizens about addiction and recovery.

Here are some of the Recovery Month community events that took place this year:

### Clark County Sponsors Community Forum

Clark County's Alcohol and Drug Program hosted a recovery month forum on the myths and realities of addiction and recovery. The forum targeted the general Clark County community and provided basic information about addiction, treatment and recovery, and local treatment and recovery resources. For more information about the event, contact [martha.middlewood@clark.wa.gov](mailto:martha.middlewood@clark.wa.gov) or (360) 397-2075 x7859.

### Lewis County Marches for Recovery

Lewis County Social Services, in collaboration with Lewis County Board of Health, Lewis County AOD Board, Providence Addictions Recovery Center, Eugenia Center, ESD 113, True North Student Assistance Program, Cascade Mental Health, The

Right Step, New Directions Counseling, Alcoholics Anonymous and Narcotics Anonymous coordinated a Poker March for Treatment and Recovery.

The march took place September 28 from 1:00 to 4:00 pm. All citizens were invited to march in support of treatment and recovery. The march began at Providence Addictions Recovery and continued to all the partner locations. At each location marchers received information about the treatment and recovery services available, the importance of supporting recovery, and a playing card. The marchers ended at the social services office where a speaker shared a personal recovery story, light refreshments were served, and small prizes were awarded to the best and worst poker hands. Local businesses donated prizes and the Centralia Trolley ferried folks back to their cars.

The march had three purposes: 1) to begin changing the dialogue about addiction and recovery, 2) to demonstrate support for folks in recovery, and 3) to increase awareness about access to treatment and recovery in Lewis County. For more information about this event contact Holli Spanski, 360-740-1418 or [hjspanki@localaccess.com](mailto:hjspanki@localaccess.com), or Sonia Ferguson, 360-740-1489 or [sonia@localaccess.com](mailto:sonia@localaccess.com).

### Hands Across the Bridge

On September 1st more than 200 community members in Vancouver and Portland held hands as they spanned the I-5 bridge that joins the two cities. Then they paused for a moment of silence to

honor people in recovery — a more powerful communication than words in that moment of time.

The opening ceremonies, on each side of the bridge, were lead by Reverend Terry Moe from Redeemer Lutheran Church and Reverend Pastor W.G. Hardy, Jr. from Highland United Church of Christ. Commissioner Serena Crez from Multnomah County led the procession from Oregon as Cleve Thompson, from Clark County Department of Community Services, led from Washington to the center of the bridge. As people from the two cities met in the middle of the bridge and held hands, the Tidewater Tug Boat "Rebel" blew it's horn and all joined hands for a moment of silence. Many people expressed feeling a great sense of energy and power at that moment.

Several organizations partnered to coordinate this event, building relationships that will continue to benefit the community. Recovery Association Project, Oregon Partnership and Addiction Counseling Certification Board of Oregon worked closely during the planning, as Clark County Community Services offered their support. "A group of community-minded citizens working together towards a drug free community is the beginning of the healing we need in our families and neighborhoods." said an event coordinator. The organizers invite others to join them next year as they join "Hands Across the Bridge" in honor of National Recovery Month. For more information contact Patty Katz [thekatzmeow\\_2000@yahoo.com](mailto:thekatzmeow_2000@yahoo.com).

## Proposed WAC Changes for ADATSA

By Terrie Franklin and Jim Friedman

The 2002 Legislature altered Revised Code of Washington (RCW) 74.50, the Alcoholism and Drug Addiction Treatment and Support Act (ADATSA) law, affecting publicly funded chemical dependency lengths of services. The changes in legislation have prompted the Division of Alcohol and Substance Abuse (DASA) to revise the Washington Administrative Code (WAC) 388-800. DASA solicited public comment and stakeholder input.

Key sections of the WAC that have been addressed in this process include the following:

- Removal of the six month 180 day limitation within two years on alcohol and drug treatment services for low income and indigent clients.

- Removal of 30-60-180 day limitations to various residential treatment modalities.

- Several editorial changes.

Several workgroups, internal and external to DASA, have been analyzing possible additional changes in the ADATSA policy. Some that being considered include the removal of case plans and triggers in the Treatment and Assessment Report Generation Tool (TARGET) system and allowing other outpatient public providers the ability to do ADATSA assessments.

For more information, contact Terrie Franklin, Adult Treatment Services Lead or Sue Green, Women/Special Services Lead, at 877-301-4557.

## Woman's Day Magazine Will Honor Washington FAS Advocate

By Vicky McKinney

Each year, Woman's Day Magazine recognizes ten outstanding women across the country. In November, Woman's Day will recognize Jocie DeVries, an advocate in our state for preventing Fetal Alcohol Syndrome (FAS) and assisting families affected by FAS.

After working with Jocie for years and witnessing the depth of her dedication and commitment to FAS prevention, I nominated her to be one of the outstanding women recognized by Woman's Day. The following is my nomination letter.

In 1990, after 16 harrowing years, Jocie DeVries discovered the origin of the trauma which resulted in her adopted son's unusual brain damage: Fetal Alcohol Syndrome (FAS), organic brain damage caused by prenatal alcohol exposure. Initially, Jocie experienced anger and deep denial at the possibility that her

son had permanent brain damage." I was so scared for my son that I was practically in a catatonic state," says Jocie. She reflected on what would happen to this boy who already got into so much trouble that the police were at the DeVries door almost daily.

After the diagnosis of FAS, Jocie went to over 24 mental health and medical professionals seeking understanding and help in the care of her son. Not one of the professionals could help her let alone recognize an adolescent with a normal IQ and brain dysfunction. Instead her cry's for help were met with a book or lecture on how to be a better or more effective parent.

On the verge of an emotional breakdown, Jocie vowed "not another parent would go through this trauma alone." In 1990 Jocie and her

husband Don, started the FAS Family Resource Institute, a grassroots organization working to identify, understand, and care for

children, adolescents, and adults disabled by prenatal alcohol exposure and to prevent this disability in future generations. FAS\*FRI now serves over 4,000 families nationally and receives 200-500 phone calls per month. For years, with no financial help, she supplied families with information, referral, support and a shoulder to cry on. As Fetal Alcohol Syndrome continues to be the best-kept secret in society today much of the work of the institute and Jocie is underfunded and unrecognized.

As the founder/director of this parent organization, Jocie conducts educational workshops, outreach and advocacy programs for families, caregivers and service systems personnel. Jocie's vision and creativity are reflected in the material she creates and supplies parents and profes-

sionals through tracking the collective family experience. These materials are nationally recognized and considered on the cutting edge of FAS developments. Jocie was appointed to the Governor's FAS Advisory Panel in 1995. She was appointed the parent representative for the National Task Force on FAS in 2000. Often, professionals, state agencies, legislative and educational institutions, call upon Jocie for information and advisory services.

Jocie's efforts are best described by the Chair of the Governor's FAS Advisory Panel, King County Superior Court Justice, Anthony Wartnik: "Much of the success in obtaining recognition of the need for services for those afflicted with FAS/E, and for notice of the dangers of pregnant women consuming alcoholic beverages, is due directly to her leadership and tireless effort."

Congratulations Jocie, and thank you for all you have done for people in Washington and across the nation. 🐾

## Grants Will Fund New Recovery Housing

The Parent-Child Assistance Program (P-CAP), funded by the Washington State legislature through the Division of Alcohol and Substance Abuse, is the beneficiary of development grants totaling more than \$1.3 million to the Community Psychiatric Clinic (CPC). The King County Housing Opportunity Fund and the Bill & Melinda Gates Foundation Sound Families Initiative granted the money to CPC to build a transitional housing facility in south Seattle to serve P-CAP mothers with co-occurring disorders of mental illness and chemical dependency and their children. Called "The Willows," the new 16-unit transitional housing facility, planned for completion in fall 2004, will be a vital resource for families during their recovery process, and offer substantially increased opportunities to help families move toward

stability and self-sufficiency. The Willows will be built, owned and operated by CPC, with P-CAP serving as a referral source and providing intensive case management for eligible mothers.

P-CAP, part of the University of Washington's Fetal Alcohol and Drug Unit, is an award-winning intervention program that works with high-risk mothers who abuse alcohol and drugs during pregnancy. Originally funded in 1991 in Seattle as a federal research demonstration project, the program has expanded to additional sites in Tacoma, Yakima, Spokane, and Moses Lake. Approximately 360 families are currently enrolled in P-CAP statewide.

For further information contact Therese Grant, Director, Parent-Child Assistance Program, granttm@u.washington.edu or (206) 543-7155. 🐾

## King County Tobacco Youth Coalition

Recently the Washington State TeenLine and the Kent Police Department were awarded grants by Public Health - Seattle & King County Tobacco Prevention Program to continue the King County Tobacco Youth Coalition. The mission of the Coalition is to establish a lasting, growing youth coalition and to conduct activities led and planned by youth for youth. The goal is to enlist at least twenty-five youth from West King County, East King County, and South King County. We are currently recruiting two youth from each school district. These youth are asked to attend monthly coalition meetings from September 2002 to June 2003 and attend two media events during this time. The meetings are held once a month for an hour and a half in the evening. Meetings for West King County are at Seattle University. The meetings for East King County are held at the Redmond Godfather's Pizza, (this location may be subject to change). South King County will meet at the Kent Senior Center.

One of the purposes of the coalition is to involve youth in the prevention of youth tobacco use. Members will discuss tobacco control; coordinate projects, brainstorm ideas, and network with other youth. They will also design, produce, and

distribute a quarterly newsletter to inform King County about the coalition and upcoming meetings and events. The goal of the coalition is to bring youth together to raise awareness of the dangers of using tobacco. Members will learn to look



at advertisements that the tobacco industries use to target youth and discuss what they can do to counteract these advertisements. The coalition members will attend media events where they will distribute smoking cessation information and anti-smoking literature to other youth.

Last year was the first year that Public Health awarded these grants to East and West King County. The coalitions were so successful that they have awarded funds to South King County for this

year. Last year a total of 68 youth participated in the Tobacco Youth Coalition. The coalition did many different activities such as a letter writing campaign to actors/actresses, movie directors, and Public Officials about different smoking issues. They also review how tobacco industries target youth in movies and advertisements. On May 31, 2002, on "World No Tobacco Day", many youth participated in a Smoke-Free Bowling event at Tech City Bowling Alley in Kirkland, Washington, which is one of the few smoke-free bowling alleys in our state. These are just a few of the fun activities that they participated in.

To kick off this year's Tobacco Youth Coalition, 28 youth participated in a "Smoke-Free Ferries" event in which the youth rode the Vashon Island Ferry and filled out comment cards suggesting that the Washington State Ferries become completely smoke-free. Then they went to an outdoor pool on Vashon Island and swam and recruited youth for the monthly coalition meetings. This was a productive and fun event.

Anyone interested in joining the King County Tobacco Youth Coalition, or for more information about the coalition please contact Jennifer Velotta for West and East King County at (206) 722-4222 or Stacy Judd for South King County at (253) 856-5883.

## Chemical Dependency Professional Program

*By Tammy Benson, DOH Chemical Dependency Professional Program Manager*

Over the past three years, the Department of Health (DOH), Chemical Dependency Professional Program (CDP) has been working with a number of stakeholders, including Washington State chemical dependency service providers, health care professionals, and other interested persons to implement policies and procedures for the DOH CDP Program. The DOH CDP Program was initiated after the 1997 Washington State Legislature enacted Revised Code of Washington (RCW) 18.205, Chemical Dependency Professionals that became effective July 1, 1998.

**Retired Active Status.** Earlier this year, the DOH CDP Program adopted two new rules of interest. Washington Administrative Code (WAC) 246-811-081 and WAC 246-811-082 allow CDPs the opportunity to apply for a retired active status

credential. The new rules allow a CDP to maintain their DOH credential at a reduced fee, and the CDP may continue to work in a Division of Alcohol and Substance Abuse (DASA) certified agency on a limited basis.

The new retired active status credential may be of special interest to:

- CDPs who do not currently work in a Department of Social and Health Services (DSHS), Division of Alcohol and Substance Abuse (DASA) certified treatment agency;
- Student Assistance Program clinicians; or,
- Other health care professionals who would like to maintain their DOH CDP credential when not working in a DASA certified agency.

**Continuing Competency Program.** The second rule adopted in April 2002, is WAC 246-

811-200 through WAC 246-811-270 that describes the CDP Continuing Competency Program. The CDP Program distributed the CDP "Enhancement Plan" to all certified CDPs in September. The purpose of the "Enhancement Plan" is to help each CDP to plan and monitor their continuing education and professional development activities. The "Enhancement Plan" form has been developed for the CDP to list courses and activities completed, as well as hours acquired. The form is to be completed by the CDP for two-year periods. The first required reporting will be on renewals starting April 19, 2003. If the CDP is selected for an audit, the CDP will be required to submit the "Enhancement Plan" with proof of continuing education and other professional development activities to DOH.

For more information about the DOH CDP Program or questions about the new rules, please contact Tammy Benson, CDP Program Manager, at (360) 236-4700, or e-mail [Tammy.Benson@doh.wa.gov](mailto:Tammy.Benson@doh.wa.gov).

# Training and Awareness Events: November through January



NOVEMBER '02

- 6 Substance Abuse Among Older Adults: Prevention and Treatment Approaches — South Seattle. For more information, please contact Karen Lewis with CHEF at 1-800-323-2433
- 15 Patient Record Keeping with ASAM PPC — Longview/Kelso. For more information, please contact Julián Gonzales at (360) 438-8082 or gonzajl@dshs.wa.gov.
- 21 Great American Smokeout: [www.cancer.org](http://www.cancer.org) or [www.doh.wa.gov/tobacco](http://www.doh.wa.gov/tobacco).
- 21-24 16th Annual Meeting on Alcohol, Other Drug, and Violence Prevention in Higher Education — Seattle. For more information, please contact Kathie Gorham at (858) 551-1326 or kgorham@ucsd.edu.



DECEMBER '02

- National Drunk and Drugged Driving Prevention Month: [www.3dmonth.org](http://www.3dmonth.org)
- 1 World AIDS Day: [www.aaworldhealth.org](http://www.aaworldhealth.org)
- 3-5 Sober Solutions, 15th Annual Impaired Driver Traffic Safety Conference, Washington Traffic Safety Commission, (360) 753-6197.



JANUARY '03

- National Birth Defects Awareness Month, contact: March of Dimes at [www.modimes.org](http://www.modimes.org) or (888) MODIMES

To continue bringing you useful information in FOCUS, let us know what matters most to you, and the drug prevention and recovery news and successes happening in your community. Send your comments and information to Deb Schnellman at [schneda@dshs.wa.gov](mailto:schneda@dshs.wa.gov).



## The 2nd Annual DASA Treatment Institute

By Dixie Grunenfelder

The 2nd Annual DASA Treatment Institute is scheduled for July 28-30, 2003, at Seattle Pacific University, in Seattle. The three-day Institute is designed for chemical dependency professionals looking for professional development opportunities.

The Institute will provide intensive, skill-based instruction in the follow-

ing areas: Treatment Outcomes, Stigma Issues, Behavioral Modification, Relapse Prevention, Native American Treatment Strategies, Adult Learning Theories, Motivational Interviewing, and Cultural Competency. In addition, the Institute will offer a wide variety of workshop presentations covering the current issues facing the

chemical dependency field, as well as the latest counseling techniques.

The Seattle Pacific University (SPU) campus is at the foot of Queen Anne hill. It has quick access to public transportation. SPU is only ten minutes from downtown Seattle, and a short walk to the shops and restaurants of Fremont. SPU offers new

suite-style residential facilities for overnight accommodations. Parking is free. Visit their website at [www.spu.edu/dept/conf-svcs](http://www.spu.edu/dept/conf-svcs) for further information.

Participants will earn up to 24 chemical dependency continuing education credits. Registration information will be mailed Spring 2003. For more information, call the DASA Training Section at (360) 438-8200 or 1-877-301-4557.



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